

# FAMILIES FORWARD

FOCUSING ON RELATIONSHIPS, WELLBEING, AND RESPONSIBILITY AHEAD



**Are you a parent of a youth (teen and young adult) on the autism spectrum?**

**The Families FORWARD program may help you to plan for the future!**

## **What is Families FORWARD?**

- A program where families work with a coach to build skills to plan for adult life.
- Skills include navigating services, communicating, and problem-solving.

## **Who can participate?**

- Parents of youth (age 14-21 years) on the autism spectrum.
- Families who live in Massachusetts.

## **How long is the program?**

- Parents participate in 6 or 7 sessions.
- Youth can participate in 1-3 sessions (optional).

## **Why Participate?**

- To plan for the future.
- This program is free.
- You can participate whenever and wherever is convenient for you.
- Your family can receive up to \$110.

## **For More Information**

- Email us at [forward@bu.edu](mailto:forward@bu.edu)
- Text or call us at 617-315-8914
- Visit our website – <https://sites.bu.edu/familyfuture/families-forward/>

